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**KIBABII UNIVERSITY**

**UNIVERSITY EXAMINATIONS**

**2021/2022 ACADEMIC YEAR**

**FOURTH YEAR SECOND SEMESTER**

**MAIN EXAMINATION (PART TIME)**

**FOR THE DEGREE OF BACHELOR OF EDUCATION ARTS**

**COURSE CODE: ECD 423**

**COURSE TITLE: HEALTH AND NUTRITION IN ECD**

**DATE: 24/05/2022**

**TIME: 9-11AM**

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**INSTRUCTIONS TO CANDIDATES**

Answer Question One and Any other TWO (2) Questions

TIME: 2 Hours

This Paper Consists of 2 Printed Pages. Please Turn Over. 

### QUESTION ONE

Define the Following:

- i. Nutrition
  - ii. Nutrients
  - iii. Balanced diet
  - iv. Malnutrition
  - v. Maternal health (5 Mks)
- b. State the difference Between pre-natal care and post-natal care (8Mks)
- c. Describe five factors that affect maternal and child care from rural perspective in Kenya (10 Mks)
- d. Discuss the three components of balanced diet. (3mks)
- e. State four advantages of breastfeeding. (4mks)

### QUESTION TWO

- a. Discuss any two none immunizable childhood diseases showing causes and treatment. (10mks)
- b. State any five sources of complete proteins (10mks)

### QUESTION THREE

- a. Explain five points to consider when weaning (10mks)
- b. State the causes of malnutrition in children. (10mks)

### QUESTION FOUR

- a. Prepare a breakfast balanced meal for an expectant mother (16mks).
- b. Explain the origin of primary health care. (4mks)

### QUESTION FIVE

- a. Outline five methods of preserving food (10mks)
- b. Discuss five ways stored breast milk can be prepared. (10mks)